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VIKING SAGA

CHROMEBOOKS: ARE THEY AN IMPROVEMENT?



AUSTIN FRANSISCO
Staff Writer

With the change from iPads to Chromebooks there has been a lot of debate over which piece of technology is more functional.

Both have their own positive and negative aspects, but let's see which one is a better device.

Starting with size, the iPad is smaller than the Chromebook, making it easier to transport. While the iPad is easy to put in a backpack, the Chromebook has its own bag to carry around.

The Chromebook is also so much bigger because it comes with a keyboard. I find that the keyboard on the Chromebook makes typing up essays much easier so I can excuse the larger size.

When it comes to battery life the

iPads have the upper hand over the Chromebooks. The iPad's battery lasts for about nine hours, while the Chromebooks only last for seven hours. Usually I have to charge my Chromebook every night to have enough battery for the next day.

When it comes to memory, though, the Chromebook has 100GB while the iPads have around 64GB. The Chromebook also benefits from cloud storage which is practically unlimited. In the long run you will be able to keep more files on a Chromebook which is a positive.

In my opinion the biggest downside to the Chromebooks is the limitation of only being able to use them while you have access to the internet. The only program the Chromebooks can utilize is Google Chrome. While Google Chrome has several apps, the app store on the iPad has much more app support. If you happen to be in

an area without internet, the Chromebook is practically useless as most apps require the internet to actually work. This makes doing school work on the Chromebook much more difficult if the internet crashes, or if you're in an area without an internet service. The iPad has dependencies on the internet but still has useful tools that could be used offline.

Overall the Chromebooks and the iPads seem to both have their limitations. It really is up to personal preference on which one is considered better.

I for one, believe that the iPad is a more useful device because of its size, battery life, and better app support. While the Chromebook might be worse off for now, we may yet find a very useful feature for it in the future. For now we'll just have to keep using our Chromebooks and see what happens.

VIKING SAGA

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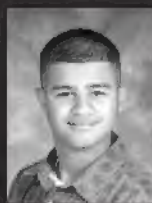
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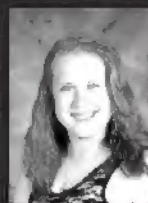
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Outside submissions, suggestions, or letters to the editor are welcome and encouraged. They may be brought to room 32, or emailed to Ms. Kavan at bkavan@ginorthwest.org. Any and all submissions must be signed for them to be considered for publication, and the editor reserves the right to edit or print any submissions.



Sophomore
Rudy Lopez

"It is all right because it makes the day go by faster."



Sophomore
Haley Powers

"I think it's nice that we have shorter periods because of the eight periods, and it's nice to have more time to take more classes."



Junior
Emily Laub

"I somewhat [like the eight periods] because I can get more classes in."

THOUGHTS ON 8 PERIODS

A LETTER TO FIRST LADY MICHELLE OBAMA



MATT MOFFETT
Staff Writer

School lunch has just gotten worse. Due to the new 'eat healthy' campaign, the school lunch has taken a dive into almost un-edibility. Taking away our

trans-fats and calories should be considered illegal. Take a look around: do you see buckets of fat walking around our school? Nope. In fact, most of us are wasting away because of your outlandish attempts to be important and relevant.

Also, I find it obnoxious that you, who wasn't even elected into office, decide to tell us what we can put in our mouths at a certain time of the day and what that food can contain. Am I sitting in the Oval Office

spoon feeding you? I don't think so. Maybe you could do something more important like fix the political corruption happening in Washington or solve the global warming issue. After all, we won't have to worry about obesity when we're all dead from the extreme rises of temperature on the only planet we have. But I guess that's not good enough for you now, is it?

Anyway, why even bother with this, Michelle? You've caused school lunch purchases to drop by the hundred thousands and most of the purchased school lunches can be found in the trash where enough undercooked, 'nutritional' food can be found to feed the salvation army. Maybe your next mission can be to feed all the malnourished children your 'campaign' has created due to no one wanting to eat whatever is dropped on the lunch

tray... just a thought.

Studies have shown that children who eat a good lunch will be more productive and perform well academically opposed to students who don't eat a good lunch. Maybe this is why the United States ranks so low in education.

So here's a solution for you: stick to being the President's wife and leave us alone. We will eat what we want to eat and there is nothing you can do to stop it. If I want to eat a triple bacon bypass Whopper, I'm gonna eat a triple bacon bypass whopper. Affecting my lunch is just going to make me want to eat healthier foods, to substitute for the nasty, bland, tasteless food you made me shove down my throat.

This is America, land of the free, so give me my freedom to eat what I want.
-Sincerely, Matt



@nwvikingsaga

SCHOOL LUNCH CHANGES CAUSE DISTRESS AMONG STUDENTS

MATT MOFFETT
Staff Writer

A newly changed regulation referred to as 'Healthy, Hunger-Free Kids Act' by First Lady Michelle Obama has made a few changes to what students are allowed to buy and consume from Northwest as well as the entirety of schools in the United States. It is an act against the 'obesity epidemic' and the purpose is to get children in grades kindergarten through 12th Grade to eat healthier thereby, in theory, reducing the amount of obese adolescents.

The bill was originally put into action in 2010 but has seen some radical changes in the recent years, some claiming this change to be the biggest and most unnecessary change of all.

This change bans trans fats, sugars, salt, milk that contains above 1% fat, and also goes forth to setting a strict calorie limit per student lunch. Students are also (according to the bill) required to have at the very least a half cup of fruit with their lunch.

The change has clearly not been an accepted one, however. A government audit showed that one million students have ceased to buy school lunches since February of this year, and those that do buy the

new healthy lunches just end up tossing the healthy portions in the trash. This leaves students with less to consume and could potentially leave students hungry, which in turn could affect academic performance.

Robyn Wright, food service manager at Northwest, has a very adamant stance on the change. "It's caused drastic changes that have caused quite a bit of heartache," Wright said. According to her, the school is no longer able to make and sell items like brownies, rice krispie treats or anything else that goes against the new federal mandate changes. Noting that Northwest doesn't necessarily have an obesity issue, she added, "I don't personally support the change; we're forced to remove things like salt, sugars, fat from the meals that actually gives it taste and gives our athletes the nutrition they need."

Even though it appears that even the lunch services employees don't appreciate the change, "You shouldn't expect a change anytime soon," Wright said.

Students have noticed this change in the overall taste of the school lunch. Some, like junior Krissa Medinger, state the food is "bland and disgusting."

"We should be able to choose what we eat, regardless of nutrition-



A depiction of an average government-regulated school lunch for the students of Northwest High School. PHOTO BY MATT MOFFETT

al value as our bodies belong to us and not the government," Medinger said.

"If you look, you'll see our school really doesn't have an obesity epidemic to worry about."

The school cafeteria is not the only thing the government was out to change. American schools are no longer allowed to sell foods that go against the policy, period. This change can be seen in the school

store: where sweets and soda once resided, it now is filled with healthy alternatives such as flavored water and granola bars, reducing the amount of purchases going through the store.

Michelle Manasil, head of the school store, said, "The amount of sales from the school store has dramatically dropped due to the changes in the regulation. The change is not one that has been easy to deal with."

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WILLIAMS SUICIDE BRINGS AWARENESS TO DEPRESSION IN HOLLYWOOD

TYLER CLEMENT
Staff Writer

Depression: it strikes nearly 350 million people in the world, it is a very long struggle to cope with it and incredibly difficult to try to cure it. It ruins the lives not only of ordinary people, but it takes a toll for the people that perform on movie screen, and the most recent celebrity suicide to date was the suicide of Robin Williams.

The story of his suicide affected everyone in Hollywood: nearly every comedian and all the people who adored his movies. People took the news differently, but some people like Shepard Smith of Fox News, showed their ignorance of the disease.

Shepard called Robin Williams a coward just hours after his body was discovered. People did not take kindly to his remark, and he very quickly apologized for the remark. Other news teams were more understanding of what Williams did, blaming it on his mental illness.

Jim Carrey [another well-known comedian] also suffers from depression. His depression comes from his very rough childhood. He had an unemployed father, and ailing mother. Carrey even had to drop out of high school to take up a job to support his family that lived in a Volkswagen van.

Recently his love life and career suffered. His former wife Jenny McCarthy's autistic son had taken very fondly to Carrey, and Carrey hoped he could have been a real father to him. Carrey isn't

as popular today as he was in the 1990's; the public doesn't see him very often on screen, but the second *Dumb And Dumber* movie will premiere November 14th, 2014.

Carrey often has reoccurrences with his depression, but also just like Williams, Carrey shrouds his depression with humor and a lot of smiles.

It is a very common thing among the funny people of the world, all the "crazy" or over-active humans, they hide behind a tough layer of arisen lips and raised eyebrows and a wacky sense of humor. But as it has an effect on the actors, it very well has a blow to the directors of the world as of today.

Director Tim Burton has depression. People always insist that he is insane based on his films. His movies are a way of putting his feelings and mind onto a screen via Stop-Motion Animation and Johnny Depp.

As sad as it already sounds, along with depression, he also suffers with Bipolar Disorder, but as tough as it is to have all those things swimming along in his head, people who have depression and being bipolar are often more creative, and like Tim Burton, that can help a lot when working in Hollywood.

If there are those who have depression, and they are having the feeling that they are the only one who feels as badly as they do, remember these people have cameras surrounding them, and there's gossip around.

Dealin Dep

Coping Skills



Finger touch:
Bring your thumb to your pointer. Then to your index. Then Ring. Then pinky. Repeat.
Focus on just the feeling of the pressure of your thumb onto your fingers and let your worries slip away.



Sing to Self:
Title explains itself. Sing till you feel a bit better.

Learned From Art Therapist
Drawing, Painting, Chalk, Writing, Clay,
JUST LET IT OUT OF YOUR HEAD THE BEST YOU CAN



ALYSSA LILIENTHAL
Staff Writer



ng with ression/Anxiety

MOTHER AND DAUGHTER BATTLE DEPRESSION TOGETHER

ALYSSA LILIENTHAL
Staff Writer

Depression and anxiety are mental illnesses and both are treatable, but many Americans suffer from these illnesses on a day-to-day basis. It is not uncommon for depression and anxiety to affect entire families. Nine percent of adult Americans suffer from some form of depression. Major depression is the leading cause of disability for Americans between the ages 15 and 44, according to the CDC.

Mother Brenda Dexter first started having depression in her youth.

"For sure I started having depression when I was twelve."

Then asked when her anxiety started she said, "I have had anxiety since I was a baby."

Hunter Price, Dexter's daughter, said she has had minor depression but mostly she has had anxiety and that it started when she was nine.

"When I'm in class and the teachers ask me a question in front of everyone, I start freaking out inside because I'm scared the other people [her classmates] may say something to me or I'll say the wrong answer out loud," Price said, after asked how it affects her in school.

For Dexter, having a child with anxiety makes her feel anxious.

"[It hurts] just knowing she has to go through the feelings and pain of anxiety. Everyday decisions are hard, just not knowing if she is capable of handling things," Dexter said.

When asked on one way they both deal with anxiety and depression, Dexter said she has had counseling and has learned many techniques "but one that always helps is when I get my mind back to reality."

For Price, talking to friends and getting out of the house seems to help her the most.

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- Depression Chat Room: <http://www.depression-chat-rooms.org/>
- Blahtherapy: <http://blahtherapy.com/>

ADMINISTRATION BRINGS ABOUT NEW SCHEDULING

BIBIANA LUEVANO
Editor-In-Chief

Northwest made the transition from the familiarity of seven periods to the alternative of eight. Teachers and students alike have had to adjust to such an alien feeling during the start of another school year.

"It is something to get used to after having only seven periods the last two years, but I think it is a good change to be able to get the chance to take more of the classes you may have not been able to fit your schedule," said junior Emily Niedfelt.

The basis that prompted such a decision has been speculated by many.

Superintendent Matthew Fisher offered to shed some light on the reasoning behind this new development during the 2015-2016 school year.

"We had a number of students who struggled to get all the required classes, along with the elective classes they wanted, [to] fit into a seven period day. By going to an eight period day, students are able to take four more, year long courses, during the time they are in high school. This gives students a better chance to [become] well rounded students, and better prepared for life outside of the high school setting," Fisher said.

There are many who were involved in the decision of allowing eight periods to overcome the usual seven period schedule. Students and teachers alike

had also been asked for input regarding the idea of gaining an octet of classes.

"After considerable discussion among the school administrators and after getting input from teachers, the decision was made to make the switch. The idea was shared with the board of education who expressed no real objections to making this move. Once these discussions had taken place the administration made the decision to move ahead with the change. Students had been providing indirect input for years as they were the ones struggling to make schedules work. While very few students would admit that having an extra class is something they are happy about I feel confident that for most students [that] this change will make their education here better," Fisher said.

Northwest students all have their own opinions when it comes to the eight periods. There are students who had dreaded the previously dragged out lesson plans, all of which had lasted up to 51 minutes, and the perk of a shortened schedule has been found to be satisfactory.

"I really enjoy the eight periods; time seems to fly by and it feels like we get more done," Senior Mallory Kokes said.

Others enjoy it merely for the options that this new scheduling provides.

"I like it because it gives you the opportunity to take another class you want," Sophomore Saebrynne McCarville said.



Northwest sophomores Rachel Atkins, Miranda Eastmen, and Alyssa Leitschuck do their biology work on their Chromebooks.

NORTHWEST SWITCHES FROM IPADS TO CHROMEBOOKS

JENNIFER CLEMENT
Staff Writer

When the students and staff returned for the 2014-2015 school year, they immediately noticed changes in the school. Not only was there the change of food being served in the school, but the iPads had been swapped with another technology. Chromebooks.

When the lease on the iPads expired, there was great debate on whether or not the students would be receiving iPads for another two years or if the school was going to invest in the Chromebooks. After a long time of debate, the administration picked the Chromebooks.

Some students were thrilled with the change, while others claim to hardly ever use them, other than when they are doing their school work. Teachers were not issued a Chromebook at the start of the school year, so besides the technology experts at the school, the faculty knew little about them.

Some students, like senior Hannah Post, had noticed not only the good qualities of the Chromebooks, but had also noticed the flaws in them.

"I think that overall they are a good thing, and that they are a good educational tool because they are helpful at typing and writing essays. But overall I think they are a waste of money because we don't really do anything on them in class and they are flimsy and breakable," said Post.

Students say that some of the good things about the Chromebooks are how

much simpler it is to keep organized.

They also enjoy the bigger screens and the amount of memory storage. Teachers find it easier to send assignments to their students and they enjoy the fact that they know when students are on the Chromebooks when they should not be.

Where there are good things, there are also bad aspects. Some students think the Chromebooks are harder to carry around due to the bags. The students also did not enjoy the limited freedom due to all of the websites that are blocked.

Technology coordinator Brian Gibson is still weighing the benefits for both types of devices.

"I think [both the iPads and Chromebooks] serve a wonderful purpose. The Chromebooks are easier, but the style of learning is changing. I look for us to move back to mobile devices in the future. [One of the] benefits of the Chromebook is the keyboard. [The Chromebooks are also very] light to carry. Some bad things about the Chromebooks are [the lack] of video and [being unable] to take pictures. It does have a camera, but we can no longer do those things."

"I think so far it has been a large success; it has been easier for the teachers, and the administration has enjoyed it. Hopefully [now that the kids are learning] we will get back on mobile devices. The kids are now starting to realize that the device issued by the school is a tool, not a toy," Gibson said.



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GUARDIANS OF THE GALAXY: MOVIE VS THE COMICS



Guardians of the Galaxy was expected to do fairly well at the box office, but surprised everyone by being the biggest hit of the summer.

TYLER CLEMENT
Staff Writer

The movie *Guardians of the Galaxy* so far has been a huge success across the world; although the comics are not as well known as *Spider-Man*, *Iron Man* or the *X-Men*, they now have left their mark on the Marvel fandom. The movie is amazing, excellent and connects so very well as to the other Marvel movies. It has an excellent story, super cast and a raccoon with a gun.

In the movie, a team of criminals band together to stop a devastating threat. But this didn't really begin the same way in the comics.

Guardians of the Galaxy first appeared on the panels in a comic book in *Marvel Super Heroes Vol. 1 #18* on January 1969. In the comics, the team consisted of, Vance Astrovik, Aleta, Charlie-27, Martinex, Kikki, Starhawk, Yondu, The Spirit of Vengeance [Ghost Rider], Replica, Phoenix IX, Firelord,

and Hollywood [Wonder Man].

The team we now know today from the film has Peter Quill [The Star-Lord], Gamora, Drax [The Destroyer], Rocket Raccoon, and Groot.

Peter Quill in the movie, who is played by Chris Pratt, is a smart-aleck with rockets on his feet, a very useful gun and a thief's quick-thinking mind.

Gamora is the daughter of Thanos; Drax is a destroyer who is hunting Thanos, who had killed Drax's wife and daughter, and nothing goes over his head. Rocket Raccoon is an experiment, either gone wrong or gone really right [voice-played by Bradley Cooper]. The only thing I can say about him is he is a raccoon with a gun.

Last but not least, there is Groot [played by Van Diesel]. He basically is a tall sentient, tree-like, creature, and all he can say in this movie, as well as in the comics, is the short phrase, "I am Groot."

In my opinion, I enjoyed this

movie a lot, but if you compare it to the comics, you can really tell that they changed it. That is okay, though, because the movie is the best motion picture of 2014.

This version of this team teams up only after the Phalanx invasion of the Kree. Therefore Star-Lord decides to gather a interstellar team to fight the alien threats that wish to cause harm to the Milky Way Galaxy.

As you may or not may know, this movie is part of Phase 2 of the Marvel Studios Cinematic Universe, and this movie ties in with all the other films made by Marvel Studios.

I love the 80's sense of humor, the movie soundtrack, and the mind-blowing animation and graphics. I give it 11 out of 10 stars.

And make sure, for all of you who grew up in the 1980's, to stay for the end credit scene. And of course, if you are a true Marvel fan, you already will stay to watch the end credit scene.

SHOVEL KNIGHT: CANST THOU DIG IT

TYLEN ARNOLD
Staff Writer

The bizarre combination of *Megaman* and *Mario* may sound strange but the brilliant minds at Yacht Club Game decided to make this combination come to life as *Shovel Knight*, a game that shows that graphics aren't everything. Keep in mind that *Shovel Knight* is made in the mindset of retro games, so its difficulty is the same as those days.

The world is set in a peaceful time where our gallant hero has put down his shovel to lead a peaceful life, but in his absence, the Order of No Quarter take over the kingdom. Thus it's up to Shovel Knight to save the kingdom.

The level design is reminiscent of classic *Megaman* games while the world map is similar to *Super Mario Bros 3*, right down to the mini-bosses that can be encountered at random times. All the typical levels are here like the ice, fire, water, grassland, as well as some new levels such as The Exploditorium, a level designed around a constantly changing environment. The boss fights take a page right out of the *Megaman* series.

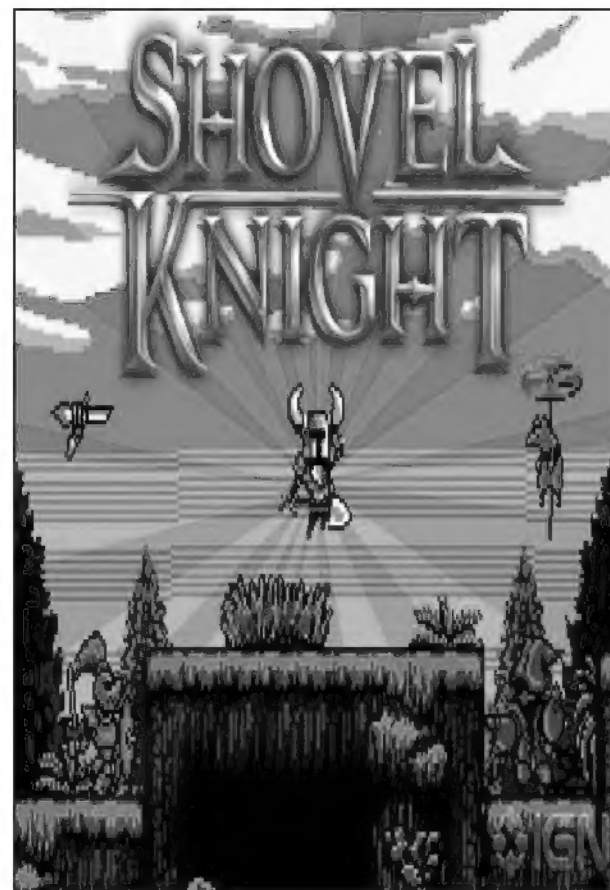
Variety is the name of the game; every level introduces a new element or hazard. Magic is a powerful ally, giving you the ability to become invincible, throw fireballs, or even hurl anchors.

The catch is not only do you have to find the spells that are often hidden behind destructible walls, you also have to have the money to pay for them.

The *Mario 3* aspect comes from the world map which is eerily similar to the *Mario 3* map, but instead of treasure ships, there are gem opportunities; instead of hammer bros. You also encounter a short stage often with a normal enemy strewn throughout.

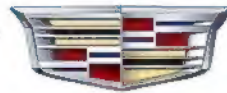
As a fan of classic games I greatly enjoy *Shovel Knight*. *Megaman* may not have been a large part of my childhood (Mario was), so I recognize the similarities between the two. In recent years I've gotten the chance to play several of the classic *Megaman* games and *X* series, so I also can see the similarities between them and this is a game that I would highly recommend. *Shovel Knight* doesn't have a life system but instead takes a chunk of money away everytime you die. When *Shovel Knight* dies and the money is subtracted you have a chance to get it back by getting to the point where you died and regaining the flying sacks of money.

The game play reminds me of the earlier day of playing the classic *Mario* and *Megaman* games, so this game is one definitely worth checking out even if 2-D side scrollers aren't your thing.





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